# Friendship Heights Village Center



# Calendar of Events 2004

SUNDAY	MONDAY	TUESDAY	T E M  WEDNESDAY	B E R THURSDAY	FRIDAY	SATURDAY
of each month at a meeting will be <b>M</b> the meeting is sen	neetings are held the so 8 p.m. at the Village C <b>fonday, Sept. 13</b> . The not to the manager of ea neek before the meeting posted.	enter. The next e agenda for ich building in	1 10:15 a.m.: Yiddish 11 a.m.: Strength Training 7:30 p.m.: Concert: Greg Harrison Jazz Band	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 6:30 p.m.: Scrabble 7:15 p.m.: Movie: Touching the Void	3 10:30 a.m.: Coffee and Current Events	8:15 a.m.: Walking Clu 9 a.m. – 1 p.m.: Twin Springs
:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	Labor Day Center Open 9 a.m. to 2 p.m. 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N' Tone 7 p.m.: Mat Pilates	9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Suburban Lecture: Heart Disease Prevention 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Ericka Ovette	9 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Bones for Life 6 p.m.: Dance N' Tone 6:30 p.m.: Scrabble 7 p.m.: Bones for Life 7:15 p.m.: Movie: House of Sand and Fog	10 10:30 a.m.: Coffee and Current Events 12:15 p.m.: Sunrise Special Lunch 1 p.m.: Special Concert: Lynn McCune	8:15 a.m.: Walking Clul 9 a.m. – 1 p.m.: Twin Springs
2:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 1:30 p.m.: Active for Life 2:30 p.m.: Drawing and Painting 7:30 p.m.: Drop-in Yoga 8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Depart for World War II Memorial 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N' Tone 7 p.m.: Mat Pilates	9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Richard Miller	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Bones for Life 6 p.m.: Dance N' Tone 6:30 p.m.: Scrabble 7 p.m.: Bones for Life 7:30 p.m.: Café Muse	17 10:30 a.m.: Coffee and Current Events	8:15 a.m.: Walking Clu 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Songs ar Stories for Preschoolers 3 p.m.:Depart for Chestertown
2:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers a.m.: Yoga	9:15 a.m.: Fit-4-Ever 9:30 a.m3:30 p.m. Mammovan 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 1:30 p.m.: Active for Life 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga 7:30 p.m.: Book Signing with Sen. John McCain	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N' Tone 7 p.m.: Mat Pilates	9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: American Studies: Colonial Life 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 1:30 p.m.: Vision Transitions 7:30 p.m.: Concert: Mark Hanak	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Bones for Life 11 a.m.: Still Life Painting 6 p.m.: Dance N' Tone 6:30 p.m.: Scrabble 7 p.m.: Bones for Life 7:30 p.m.: Book Signing with James Mann	10:30 a.m.: Coffee and Current Events	8:15 a.m.: Walking Clui 9 a.m. – 1 p.m.: Twin Springs
3:30 a.m.: Depart for Jekyll Island :30 a.m. – 1:30 p.m.: Coffee and Sunday Papers a.m.: Yoga	27	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N' Tone 7 p.m.: Mat Pilates	9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Machaya Klezmer	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Bones for Life 11 a.m.: Still Life Painting 6 p.m.: Dance N' Tone 6:30 p.m.: Scrabble 7 p.m.: Bones for Life 7:15 p.m.: Movie: Big Fish		

#### **Shuttle bus hours**



Monday through Friday Saturday and Sunday 6:40 a.m. to 9:40 p.m. 8 a.m. to 7 p.m.

### **Village Center Hours**

Monday through Thursday 9 a.m. to 9 p.m. Friday 9 a.m. to 5 p.m.

Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

## THIS MONTH'S SPECIAL LUNCH AND CONCERT

September's special lunch, prepared by Ed Harris of Brighton Gardens, will be held on **Friday, Sept. 10, at 12:15 p.m.** The menu will be sweet and sour meatballs, egg noodles, vegetable medley, green salad, and homemade peach pie. The cost is \$6, which must be paid when you make your reservation. Please reserve your seat by Wednesday, Sept. 8.

After lunch, please stay to enjoy a special concert of Big Band music performed by Lynn McCune **at 1 p.m.** Lynn has sung with such noted orchestras as The Washington Swing Orchestra, the New Columbia Swing Orchestra, and Doc Scantlin and his Imperial Palms Orchestra. Come enjoy an hour of music from the 20's, 30's and 40's with this charming entertainer.